

ABSTRACT

A multipurpose exercise device where a user sitting on the exercise device seat can exercise their muscles by first sitting in an upright position on the horizontally disposed seat, with the lower part of their feet pressing against the first horizontally disposed bar above their ankles. The user then leans back from their waist at approximately 45 degrees to the horizontally disposed seat then the user returns to an upright position. This exercise repeated several times affects the abdominal muscles. A user may also exercise the pectoral muscles with the exercise device when the user begins with both arms grasping the second horizontally disposed bar. A user then extends both arms and lowers the torso by bending the arms at the elbow to a convenient position parallel to the second horizontally disposed bar. The user raises the torso to the beginning or original position by extending the arms again. The repetitive exercise against resistance provided by the user's body weight strengthens the pectoral muscle.